

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848
Toll Free: 866-677-2372
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TTY: 7-1-1

Website:
www.waukeshacounty.gov/adrc

**After hours call
IMPACT 2-1-1
211, or toll free
1-866-211-3380**

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7Helpline)

www.alz.org/sewi

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Oprah Winfrey once said, “My idea of heaven is a great big baked potato and someone to share it with.” You might want to consider that on Potato Day which falls on August 19. Why celebrate an ordinary food such as the potato? According to the U.S. Department of Agriculture, potatoes are the #1 vegetable crop in the United States and the fourth most consumed crop in

the world, behind rice, wheat and corn. The potato has been providing people with a stable source of calories for centuries. It started its journey in South America, made its way to Europe, after the discovery of the New World and arrived in the United States in the 1600's.

The Inca Indians of Peru in 200 B.C. were the first to cultivate potatoes. In 1536 Spanish Conquistadors conquered Peru, discovered the flavors of the potato, and carried them to Europe. Potatoes arrived in the United States in 1621 when the Governor of Bermuda sent two cedar chests containing potatoes and other vegetables to the Governor of Virginia. Scotch-Irish immigrants established the first permanent potato patches in North America in 1719. From there, the crop spread across the country. According to the United States Potato Board, there are more than 1 million acres of potatoes planted in the United States, the equivalent to filling the whole state of Rhode Island with potato plants.

Did you know that Wisconsin is among the nation's leaders in the production of potatoes? In terms of potato production, Wisconsin consistently ranks third in the country behind Idaho and Washington. A cool northern climate, a rapid spring warm-up and sandy soil makes Wisconsin an ideal place to grow a wide variety of potatoes, including Russets, Whites, Reds, Yellows, as well as specialty potatoes. In fact, Wisconsin produces more varieties than any other state. Most potato production is centered in central Wisconsin's central sands region.

In 1995 UW-Madison and NASA created technology to feed astronauts on long voyages making potatoes the first vegetable to be grown in space. The two agencies partnered to help tubers become the first vegetable to be grown in space, which has been an “answer to growing more and better potatoes worldwide,” according to NASA. Creating these “Quantum Tubers” involved combining an agricultural technique from China with controlled environment technologies originally developed by the University of Wisconsin-Madison for plant growth in space.

Potatoes are low in calories — a medium-sized baked potato contains about 110 calories. They are a good source of vitamins C and B6, manganese, phosphorus, niacin and pantothenic acid. Be it potatoes for breakfast, lunch, or dinner, this wholesome spud is so nutritious that people can live off it for months at a time without having to supplement their diet with any other foods. What's more, it is cheap and tasty, forming a vital constituent of many of the world's favorite foods! Which brings to mind, how will you celebrate Potato Day?

Are you a caregiver?

Many people do not consider themselves a caregiver. You may be a husband, wife, parent, son, daughter, nephew, niece, friend or neighbor, but if you are assisting an elder or someone with a disability, you ARE a caregiver. Caregiving can take on many different roles. These roles can be complex, providing 24/7 care for someone, or maybe you are simply getting the mail for a neighbor. No matter what the task(s), if you are helping someone, then you ARE a caregiver.

Caregiving can be a very rewarding but it can also be a difficult role. Many people are assisting others in their lives while trying to manage their own health issues, parenting children, working, or raising a grandchild. If we don't recognize we are caregiving, it is often difficult to reach out for assistance.

If you can answer YES to any of these questions, then you ARE a caregiver.

DO YOU HELP AN OLDER ADULT:

- Go to the doctor
- Run simple errands
- Manage their finances
- Clean their house
- Make appointments
- Manage their medications
- Wash, bathe or eat

HAVE YOU HAD TO:

- Stop participating in activities you enjoy
- Take time off work or reduce hours
- Change or cancel vacation plans
- Postpone your own appointments
- Take time away from family and friends



COULD YOU USE SOME ASSISTANCE?

The ADRC of Waukesha County can assist caregivers in many ways including programs and services to help make your caregiving journey as rewarding as possible. From Long-Term Care programs to Aging Services and our Grandparents Raising Grandchildren program, the ADRC of Waukesha County can help you navigate your caregiving needs to assist not only your care partner but you as a caregiver.

Call us today, at (262) 548-7848.

How Long Should I Keep This?

One challenge of caring for a loved one can be organizing their important documents. Keeping paperwork in order may seem overwhelming, especially if a system for sorting and organizing has not yet been put in place. But however unpleasant this job might seem it is a good idea to go through

old records and determine whether it is time to fire up the shredder or hold on to the records a bit longer. Keeping this paperwork organized will make life easier moving forward.



Below are general recommendations on how long certain documents should be stored.

Keep for **Less** than 1 Year

- ATM, bank-deposit, and credit-card receipts until you reconcile them with your monthly statements. Once you've done that, shred the paper documents (to avoid ID theft) or securely trash electronic files unless you need them to support your tax return.
- Insurance policies and investment statements until new ones arrive.
- Pay stubs to verify W-2 at the end of the year.

Keep for **More** than 1 Year

- Loan documents (until the loan is paid off).
- Vehicle titles until you sell the vehicles.
- Investment purchase confirmations in stocks, bonds, mutual funds or anything else. Keep until you sell the investment so you can establish your cost basis and holding period. If that information appears on your annual statements, you can keep those instead.

Keep for **7** Years

- Supporting tax documents (W-2, charitable donations receipts, etc.).

Keep **Forever**

- Essential records such as birth and death certificates, marriage licenses, divorce decrees, Social Security cards, and military discharge papers.
- Defined-benefit plan documents, estate-planning documents, life-insurance policies, and an inventory of your bank safe-deposit box.
- Annual tax returns.

If you have any questions about organizing paperwork or other caregiving issues, please contact the ADRC at (262) 548-7848.

by the GWAAR Legal Services Team

Sources: <http://www.consumerreports.org/taxes/how-long-to-keep-tax-documents/>
<https://www.bankofamerica.com/deposits/manage/how-long-to-keep-documents-before-shredding.go>.

Lighthouse Road Trip!!!!



Every August 7th is National Lighthouse Day across the United States. Lighthouses played an important role in maritime history for hundreds of years by marking dangerous and hazardous coastlines, reefs. Lighthouses also assist ships in navigating safe entry into harbors.

Most lighthouses today are no longer tended by a human, but are electronic, mostly self-managed and have become a popular destination for people to visit.

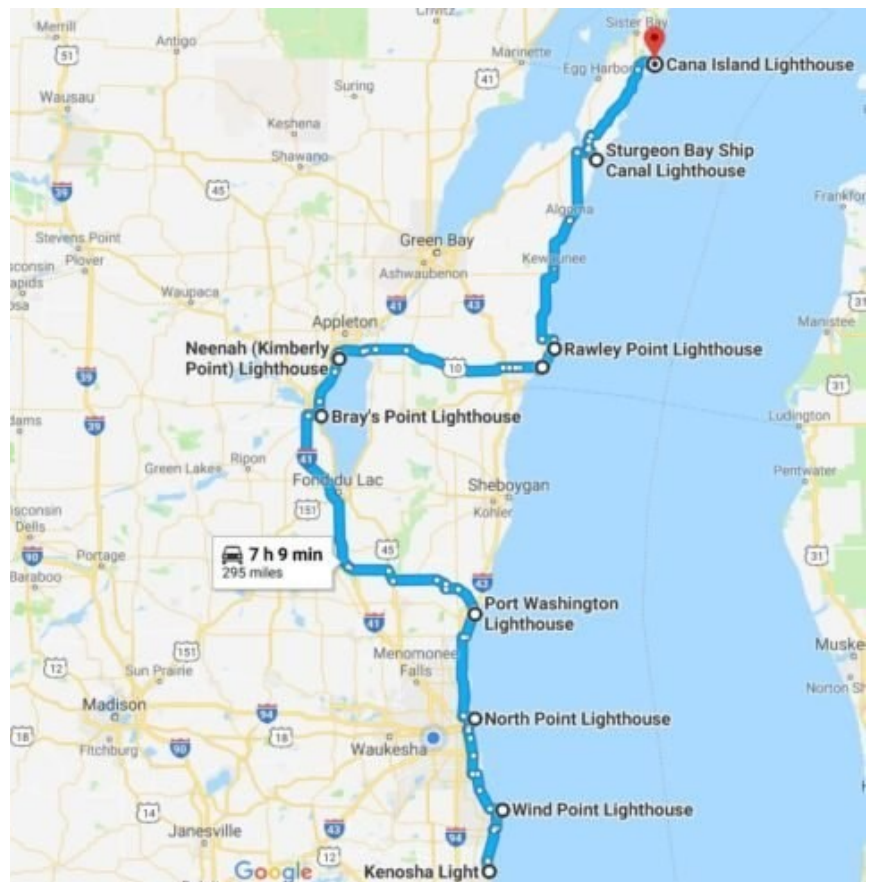
In Wisconsin there are more than 30 of these historic structures still standing, many are still operational. Many of the lighthouses offer tours where you can learn about the history of the structure. Some allow you to climb to the top and witness a spectacular view.

If climbing is not your thing, there are road trips designed specifically for viewing these historic lighthouses. One particular trip is designed to be a one-two day trip and visits ten lighthouses along the coast of Lake Michigan.

- Kenosha Southport Lighthouse - Built in 1866, Kenosha, WI
- Wind Point Lighthouse - Built in 1880, Racine, WI
- North Point Lighthouse - Milwaukee, WI
- Port Washington Light Station - Built in 1860, Port Washington, WI
- Neenah Lighthouse - Neenah, WI
- Bray's Point - Oshkosh, WI
- Two Rivers Northern Pier Lighthouse - Rebuilt in 1929-Two Rivers, WI
- Rawley Point-Relocated from Chicago in 1894 - Two Rivers, WI
- Sturgeon Bay Ship Canal Pier-head Light - Built in 1882, Sturgeon Bay, WI
- Cana Island Lighthouse - Bailey's Harbor, WI

Here is a map of the road trip and this map can be found at: www.onlyinyourstate.com/wisconsin/wi-lighthouse-road-trip.

So grab some snacks, your camera and your map and take to the road to discover some of these beautiful and historic lighthouses, right here in our own wonderful state!



From the Desk of Your Benefit Specialist

Stay Healthy with Medicare's Preventive Services

The best way to stay healthy is to live a healthy lifestyle. This includes exercising, eating well, keeping a healthy weight, and not smoking. Medicare's preventive services provide another important way to stay healthy. Disease prevention and early detection services can keep you from getting certain diseases or can help you find health problems early, when treatment works best. If you have Medicare Part B, you'll be able to get many of these preventive services at no cost to you.

Preventive services include exams, shots, lab tests, and screenings. They also include programs for health monitoring. There is no cost for many preventive services if you get them from a qualified doctor or other health care provider who accepts assignment. For some preventive services, you might have to pay a deductible, coinsurance, and/or copayment. These amounts vary depending on the type of services you need and the kind of Medicare health plan you have.

Preventive services are an important step in promoting your good health. Talk with your doctor or health care provider to find out what tests or other services you may need, and how often you need them to stay healthy.

Find more information at www.Medicare.gov or in your *Medicare & You 2020* handbook.

For local assistance with questions about Medicare or related programs, contact the ADRC of Waukesha County at 262-548-7848.

Welcome to Medicare Class

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on a monthly basis. However, during the

COVID-19 pandemic we are cancelling all in person Welcome to Medicare

Classes until further notice. A virtual class will be held Wednesday, August 12 at 1:00pm. Visit our website to register or find additional information. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work.

Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. To register for this free class or for more information, please contact the ADRC at 262-548-7848. You can also register online at <http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>

Turning 65?
Need Medicare?

Evidence Based Health Promotion Programs

Programs offered by the ADRC of Waukesha County meet the highest-level research criteria as determined by the National Council on Aging and the National Institute of Health. The primary goals of Evidence Based Prevention Programs are to empower participants to adopt healthy behaviors, improve the health status of participants and to help prevent the onset or progression of disease health problems. For a full list of these and future classes available, contact the ADRC or check out our website at <https://www.waukeshacounty.gov/ADRCWorkshops/>.

Eat Smart, Move More, Weigh Less

Based on the theory of planned behavior, Eat Smart, Move More, Weigh Less is an online weight management program that uses strategies proven to work for weight loss and maintenance. Each lesson informs, empowers and motivates participants to live mindfully as they make choices about eating and physical activity. Eat Smart, Move More, Weigh Less is delivered in an interactive real-time format with a live instructor.

Class Details: 15-week, LIVE weekly online program

Contact: Katie at the ADRC: (262) 548-7848 or kriemenschneider@waukeshacounty.gov

Better Choices, Better Health

Better Choices, Better Health is an online program for people ready to manage a chronic condition. Designed and researched at Stanford University, the same developers of the in-person Living Well with Chronic Conditions program, this program helps people with a wide range of conditions such as anxiety, arthritis, asthma, cancer, chronic fatigue syndrome, chronic pain, COPD, depression/mental health, diabetes (type 1 and type 2), hypertension, and many others.

Class Details: Must commit to login for six consecutive weeks, total time commitment 1-2 hours per week

Contact: Katie at the ADRC: (262) 548-7848 or kriemenschneider@waukeshacounty.gov

Healthy Living with Chronic Pain Phone-Based Discussion Group

Living day-to-day with ongoing, persistent pain presents numerous challenges. This phone-based workshop is for adults who have chronic pain such as headaches, low back pain, arthritis pain, and fibromyalgia. Participants will receive a toolkit in the mail and attend weekly telephone conference calls facilitated by a trained leader. The Tool Kit introduces information and skills that will help participants lead a healthy life by better managing physical and emotional challenges.

Class Details: Phone discussions will be from 1 to 2 pm on Thursdays, September 3 - October 8

Contact: Katie at the ADRC: (262) 548-7848 or kriemenschneider@waukeshacounty.gov

Living Well with Chronic Conditions Phone-Based Discussion Group

This phone-based workshop is for adults who have one or more chronic conditions such as arthritis, high blood pressure, high cholesterol, diabetes, depression, and Crohn's disease. Participants will receive a toolkit in the mail and attend weekly telephone conference calls facilitated by a trained leader. The Tool Kit introduces information and skills that will help participants lead a healthy life by better managing physical and emotional challenges related to their chronic condition.

Class Details: Phone discussions will be from 10 to 11am on Wednesdays, September 9 - October 14

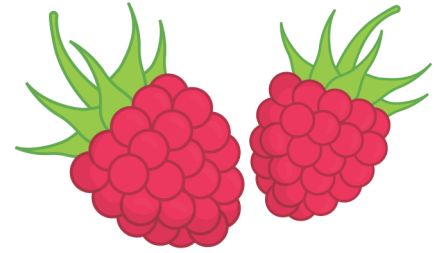
Contact: Katie at the ADRC: (262) 548-7848 or kriemenschneider@waukeshacounty.gov

HARVEST OF THE MONTH

The “Harvest of the Month” program highlights a locally available crop each month to help the community learn more about healthy, seasonal, whole-foods, in partnership with ProHealth Care and the Washington/Ozaukee Public Health Department.

For August, the highlighted produce item is RASPBERRY! Check out the Live Well website for more information and featured recipes.

To learn more and sign up for the monthly e-newsletter visit: <https://www.waukeshacounty.gov/livewell>



August
RASPBERRY

FIT in the Parks

While the pandemic threw a wrench in to many of the plans this spring, our communities have been working hard to come up with a schedule that allows for fun fitness while maintaining a safe distance. Here are a couple of upcoming classes, but you can check out the website for a full calendar of possibilities!

<https://www.waukeshacounty.gov/livewell>

- ◆ Zumba - August 4th | Frame Park, Waukesha | 6:40-7:40pm
- ◆ GENERATION POUND - August 5th | Veterans Park, Muskego | 6:30pm
- ◆ Lawn Game Olympics - August 8th | Malone Park, New Berlin | 2pm
- ◆ PiYo Live - August 9th | Village Green Park, Oconomowoc | 6-7pm
- ◆ Zumba - August 11th | Oak Ridge Park, Mukwonago | 5:30-6:30pm
- ◆ Easy Yoga - August 26th | Old Falls Village, Menomonee Falls | 9:30am



Did you know anyone can vote by mail? An absentee ballot isn't just for people who are out of town. It's convenient and ensures your voice is heard while keeping you safe and healthy this fall.

Here's how you can request your absentee ballots for both the August 11th election and the November 3rd Presidential election:

1. Go to myvote.wi.gov
2. Select “Vote Absentee”
3. Put in your name and birth date to verify your voter registration status.
4. If you have never voted by mail before you may need to upload a picture of your photo ID. Consider accessing MyVote on your smartphone to snap a pic and quickly upload.
5. Request your ballot! That's it!

You may also call your municipal clerk to request your absentee ballot or get help with registering online. myvote.wi.gov can provide you with the name of your clerk and their contact information. The deadline for requesting an absentee ballot for the August election is August 6th.



Dear Ina,

I'm on a fixed income. I get Social Security retirement once a month. I own my home but it needs several upgrades and repairs for which I can never seem to find the money. What tools or benefits are available to me that could help me budget for these expenses?

Sincerely, Owen A. Lott



Dear Owen,

August 14th is National Financial Awareness Day and it couldn't be a better time to take another look at your financial goals. Whether you're on a fixed income, trying to budget for a big purchase, or you feel like you're constantly struggling to make ends meet, there's always something you can do or try that might improve your situation. There are also financial decisions you should avoid that will make things worse!

2020 has been an eye opening year for Americans (and the world). Due to the coronavirus, many people are not able to work. A survey done by Lending Tree in 2018 (<https://www.lendingtree.com/debt-consolidation/cant-cover-emergency-with-savings/>) found that over 50% of Americans would not be able to cover a \$1,000 emergency using only their savings. Because of this, many people may be looking for alternative ways to save or make money. Here are some tips that you can use:

1. **Slow and steady wins the race:** Save your money at a steady amount (weekly/monthly) and leave it untouched. Consider opening an automated savings account and look for a higher savings rate.
2. **Be prepared:** It is recommended to save 3-6 months of living expenses to tide you over in an emergency.
3. **Be in the Know:** How can you create a savings plan for yourself if you don't know how much you spend? By creating a budget! There are several tools (apps, excel spreadsheets, pen and paper) that you can use to track your income and outgoing expenses. Cut down on non-essential items (like eating out or that gym membership you never use!) and watch the savings add up!
4. **Loose change:** In a pinch? Many people have a coin jar or coins built up in their pocketbook. Many bank branches have self-service coin counting machines that are free for members to use.
5. **Good Debt verses Bad Debt:** Yes there is such a thing as good debt and bad debt. Good debt is an investment in something that will add value or income over time (such as a home mortgage or student loan). They typically have lower interest rates. Bad debt is debt incurred to purchase things that quickly lose their value and carry a high interest rate. For example, using a credit card to purchase a \$200 pair of shoes that you would not be able to purchase with straight cash. If you don't pay off that credit card right away, the interest could quickly add up, making your shoes cost \$250 instead. Payday Loans/Cash advance loans are another example of bad debt. Some loans incur interest rates at over 300%.
6. **Ask for Help:** If you feel overwhelmed and need some guidance, check out the local options available to you!

La Casa offers a variety of workforce development and financial services programs through their Center for Financial Stability that provides comprehensive employment training, financial and asset-building services to low-income individuals who are unemployed or underemployed and are seeking economic self-sufficiency. The goal is to help people move from poverty/low income to financial stability to flourishing financially and personally. For general information please call the main office at 262-899-6784.

The ADRC of Waukesha County offers benefit specialists for people with disabilities and people over the age of 60 to assist with creating budgets, recommending financial assistance services, and determining eligibility and assistance applying for benefits. Call 262-548-7848 and request to speak with a benefit specialist.



Querida Ana,

Tengo un ingreso fijo. Recibo seguro social para jubilados una vez al mes. Soy dueño de mi casa, pero necesita varias mejoras y reparaciones para las cuales nunca puedo encontrar el dinero. ¿Qué herramientas o beneficios están disponibles para mí que podrían ayudarme a presupuestar estos gastos?

Sinceramente, Ness Esito Dinero

Querida Ness,

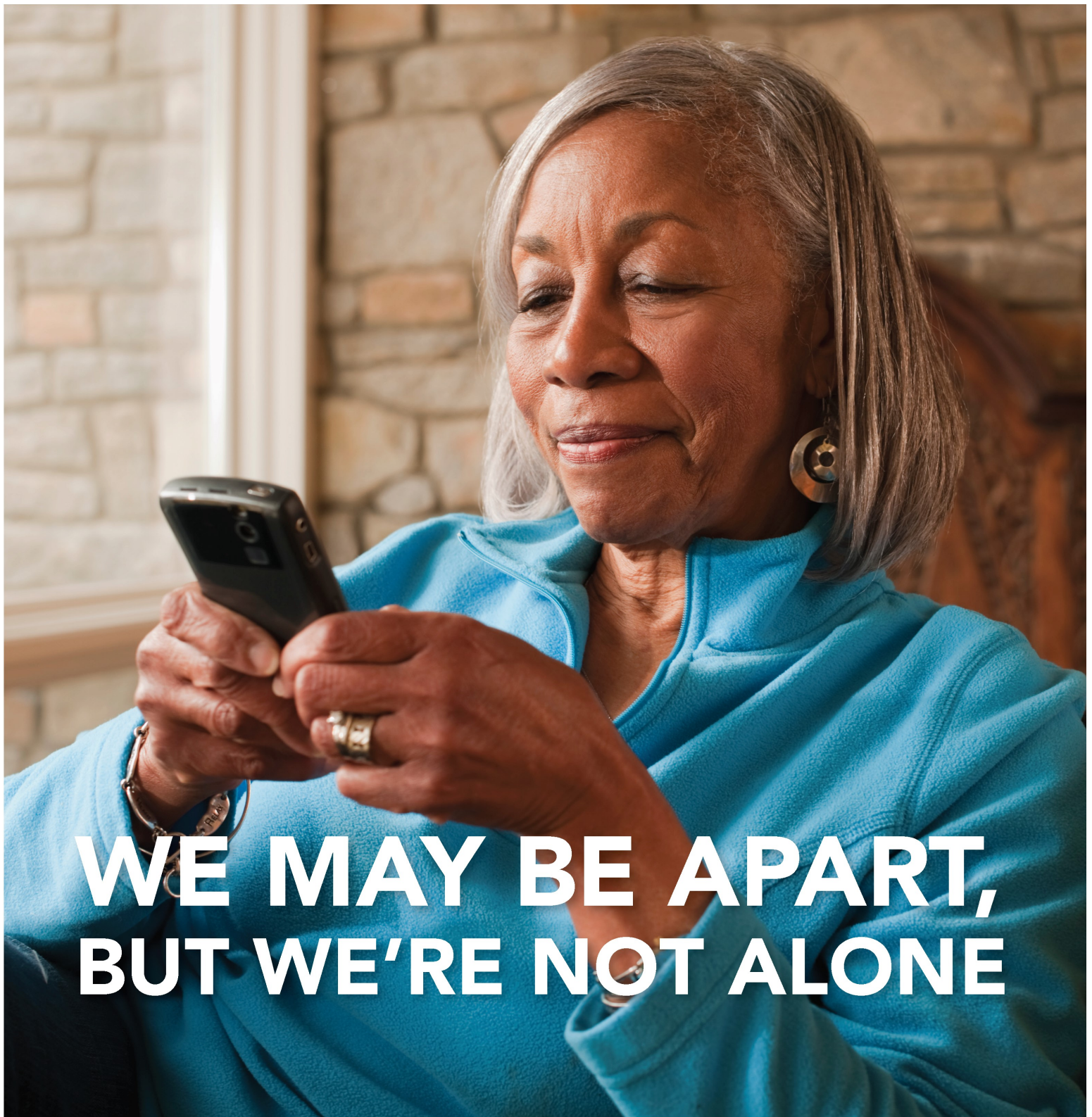
El 14 de agosto es el día nacional de concientización financiera y no podría ser un mejor momento para revisar sus objetivos financieros. Ya sea que tenga un ingreso fijo, intente presupuestar para una compra grande o sienta que está luchando constantemente para llegar a fin de mes, siempre hay algo más que puede hacer o intentar que podría mejorar su situación. ¡También hay decisiones financieras que debe evitar que empeoraran las cosas!

2020 ha sido un año revelador para los estadounidenses (y el mundo). Debido al coronavirus, muchas personas no pueden trabajar. Una encuesta realizada por Lending Tree en 2018 (<https://www.lendingtree.com/debt-consolidation/cant-cover-emergency-with-savings/>) descubrió que más del 50% de los estadounidenses no podrían cubrir una emergencia de \$1,000 utilizando solo sus ahorros. Debido a esto, muchas personas pueden estar buscando formas alternativas de ahorrar o ganar dinero. Aquí hay algunos consejos que puede utilizar:

1. **Lento y constante gana la carrera:** ahorre su dinero en una cantidad constante (semanal/mensual) y no lo toque. Considere abrir una cuenta de ahorros automática y busque una tasa de ahorro más alta.
2. **Prepárese:** se recomienda ahorrar de 3 a 6 meses de gastos de vida para ayudarlo en caso de emergencia.
3. **Estar al tanto:** ¿cómo puede crear un plan de ahorro para usted si no sabe cuánto gasta? ¡Creando un presupuesto! Existen varias herramientas (aplicaciones, hojas de cálculo de Excel, lápiz y papel) que puede utilizar para realizar un seguimiento de sus ingresos y gastos salientes. Reduzca los artículos no esenciales (como comer fuera o esa membresía del gimnasio que nunca usa) y vea cómo se acumulan los ahorros.
4. **Cambio sutil:** ¿en caso de apuro? Muchas personas tienen un frasco de monedas o monedas acumuladas en su bolsillo. Muchas sucursales bancarias tienen máquinas de conteo de monedas de autoservicio que los miembros pueden usar gratuitamente.
5. **Buena deuda versus mala deuda:** sí, existe una buena deuda y una mala deuda. Una buena deuda es una inversión en algo que agregará valor o ingresos con el tiempo (como una hipoteca de la casa o un préstamo estudiantil). Por lo general, tienen tasas de interés más bajas. La deuda incobrable es una deuda incurrida para comprar cosas que pierden rápidamente su valor y tienen una tasa de interés alta. Por ejemplo, usando una tarjeta de crédito para comprar un par de zapatos de \$200 que no podría comprar con dinero en efectivo. Si no paga esa tarjeta de crédito de inmediato, el interés podría acumularse rápidamente, haciendo que sus zapatos cuesten \$250. Los préstamos de día de pago (Payday Loans) / anticipos en efectivo (cash advance loans) son otro ejemplo de deuda incobrable. Algunos préstamos incurren en tasas de interés superiores al 300%.
6. **Solicite ayuda:** si se siente abrumado y necesita orientación, ¡consulte las opciones locales disponibles para usted!

La Casa ofrece una variedad de programas de desarrollo de la fuerza laboral y servicios financieros a través de su Centro de Estabilidad Financiera que brinda capacitación integral en empleo, servicios financieros y de creación de activos a personas de bajos ingresos que están desempleadas o subempleadas y buscan la autosuficiencia económica. El objetivo es ayudar a las personas a pasar de la pobreza/bajos ingresos a la estabilidad financiera y personalmente. Para información general por favor llame a la oficina principal al 262-899-6784.

El centro de recursos para el envejecimiento y discapacidades (ADRC) del condado de Waukesha ofrece especialistas en beneficios para personas con discapacidades y personas mayores de 60 años para ayudarlos a crear presupuestos, recomendar servicios de asistencia, financiera y determinar la elegibilidad y asistencia para solicitar beneficios. Llame al 262-548-7848 y solicite hablar con una especialista.



WE MAY BE APART, BUT WE'RE NOT ALONE

SOMEONE WHO CARES IS JUST A PHONE CALL AWAY.

If you or someone you love is feeling isolated or anxious in these challenging times, hearing a friendly voice on the phone may help. That's why we created the AARP Friendly Voice program – a trained, caring group of volunteers standing by ready to chat, listen, or just say hello.

It's easy. Request a call by dialing AARP at 1-888-281-0145, between 9 a.m. and 5 p.m. local time.


AARP® Real Possibilities
Wisconsin

How to Make Your Own Salad Dressing



Salad dressing is a great way to enjoy summer's bounty of vegetables and fruits, and the flavor possibilities are endless! A benefit of making your own salad dressing is that you can control the amount of ingredients, such as salt and fat.



Basic olive oil dressing:

<p>3 or 4 Parts Olive Oil</p> 	<p>+ 1 Part Acid:</p> <p>Vinegar or citrus juice</p> <ul style="list-style-type: none"> • Red or white wine vinegar • Apple cider vinegar • Balsamic vinegar • Champagne vinegar • Raspberry, blueberry, or other fruit vinegar • Fresh citrus juice 	<p>+ Seasonings to taste:</p> <ul style="list-style-type: none"> • Salt and pepper • Dijon mustard • Garlic powder or minced fresh garlic • Minced onion • Sugar, honey, or fruit jam • Chopped fresh herbs
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Basic creamy Ranch-style dressing:

<p>3 or 4 parts plain Greek yogurt or light mayo (or combination)</p> 	<p>+ 1 part buttermilk OR milk mixed with a dash of vinegar</p> 	<p>+ Seasonings to taste:</p> <ul style="list-style-type: none"> • Salt and pepper • Chopped fresh herbs such as dill, parsley, cilantro, basil, chives • Garlic powder or minced fresh garlic • Worcestershire sauce • Hot sauce or cayenne pepper • Parmesan cheese
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Tasty combos

(Makes enough for 1-2 salads- adjust accordingly):

Honey mustard: 3 Tablespoons olive oil + 1 Tablespoon apple cider vinegar + 1 teaspoon Dijon mustard + 1 teaspoon honey + salt and pepper to taste

Raspberry vinaigrette: 3 Tablespoons olive oil + 1 Tablespoon red wine vinegar + 2 teaspoons raspberry jam+ salt and pepper to taste

Lemon herb vinaigrette: 3 Tablespoons olive oil + 1 Tablespoon lemon juice + 1 tsp chopped fresh herbs + salt and pepper to taste

Herby Ranch Dressing: 2 Tablespoons plain Greek yogurt + 2 Tablespoons mayo+ 1 Tablespoon milk+ 1 tsp vinegar + chopped fresh herbs + salt, pepper to taste

To make a vinaigrette:

Whisking method:

Mix acid with seasonings. Add oil in a slow stream, whisking constantly.

Jar method:

Add all ingredients to jar with a tight-fitting lid. Shake vigorously until well mixed.

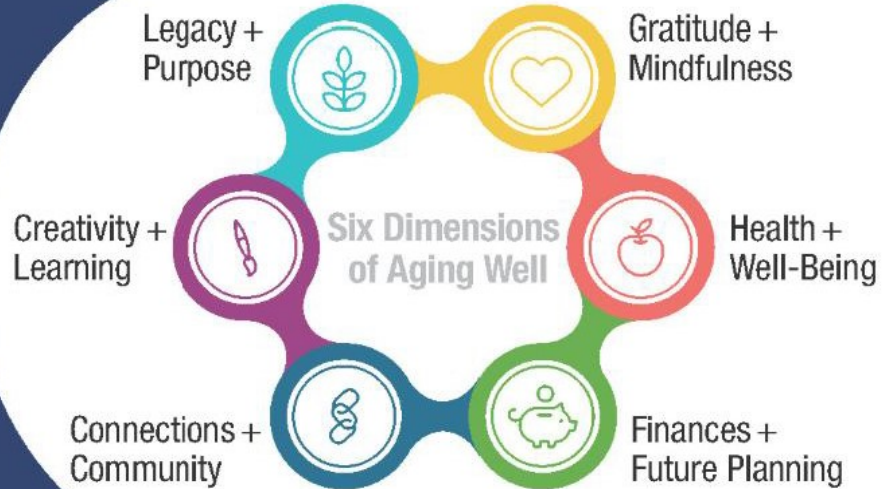
Blender/ food processor method:

Add acid and seasonings to blender or food processor. With blender/food processor running, slowly drizzle in oil until well-mixed.

The Aging Mastery® Starter Kit Has Arrived!

We are proud to partner with the National Council on Aging (NCOA) to offer you the **Aging Mastery® Starter Kit**.

The Starter Kit will inspire you to take steps toward positive aging across six dimensions and help you build your own playbook for aging well. Each dimension has specific guideposts, or actions, that you are encouraged to incorporate your daily life.



The Starter Kit contains:

*Aging Mastery
Playbook*



Activity Cards

Exercise DVDs



Notepad

Magnet



We hope that you take the opportunity to explore the Starter Kit. It will empower you to embrace your gift of longevity by spending more time each day doing things that are good for yourselves and for others.

Interested? Come ask us how you can get a Starter Kit of your own:

Katie Riemenschneider

262-548-7835

kriemenschneider@waukeshacounty.gov



Aging Mastery Program®

National Council on Aging

www.ncoa.org/AMP

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IMPORTANT UPDATES: WAUKESHA COUNTY **SENIOR DINING PROGRAM**

Due to the global Coronavirus pandemic, the Aging and Disability Resource Center of Waukesha County has had to revise or suspend programs or services we provide to our community. The State of Wisconsin Department of Health Services has provided guidance to counties in assisting with decisions about services. One area is the senior dining program. Based on the guidance provided, Waukesha County has made the decision to suspend the senior dining congregate dining program through the end of 2020. Decisions regarding senior dining beyond that time will be made based on the pandemic and guidance from the state and local public health officials.

Waukesha County's ten community senior dining centers will remain closed for the remainder of 2020.

ADRC leadership under guidance from local public health officials and the state will continue to monitor the COVID-19 pandemic and evaluate when the dining centers may reopen.

Home delivered meals (Meals on Wheels) are available for those in need.

Seniors over the age of 60 who are unable to access groceries or who are unable to prepare themselves balanced meals can call the ADRC to inquire about meals delivered to your homes. Call the ADRC at 262-548-7848 to request information about home delivered meals.

Farmers' Market Vouchers Still Available for Waukesha County Seniors

A limited supply of Farmers' Market Vouchers are still available through the Aging & Disability Resource Center (ADRC) until September 30th. Available while supplies last!

This program provides seniors 60 years of age or older (Native Americans 55 years of age or older) who have a monthly income at or below 185% of the federal poverty guideline with \$25.00 worth of vouchers for fresh fruits, vegetables and herbs. Vouchers are distributed on a first-come / first-served basis and are limited to one pack of vouchers per household.



Because of the COVID-19 pandemic, applications and vouchers are being distributed through US Mail or by fax this year.

For an application or more information on the Senior Farmers' Market voucher Program, contact the ADRC at 262-548-7848.

This institution is an equal opportunity provider.

Help Yourself to Better Health Be a Self-Manager

Take care of yourself. We've all heard it — and said it. But do we all do it? Taking care of yourself — also known as self-managing — plays a big role in your overall health. During the COVID-19 pandemic, self-management is even more important for your safety and good health.

So, do the things that keep you safe and well. Stay six feet apart from those not living with you. Wash your hands. Get enough sleep. Take your medications as prescribed. Get fresh air and exercise. And, pay extra attention to self-managing in these areas:



Your health condition(s)

If you have a chronic condition such as diabetes, asthma, heart disease, or another ongoing health problem, be informed about your condition and create a plan to ensure that you are following your health care provider's advice.



Your emotions

Whether brought about by the pandemic or other factors, be aware of your feelings. Are you anxious? Experiencing lots of ups and downs including anger, fear of the future — even depression? Self-managing can include exercise, meditation, connecting with friends and family, and reaching out for help from mental health professionals.

New Copay Limits for BadgerCare Plus and Medicaid

By the GWAAR Legal Services Team

Medicaid and BadgerCare Plus members recently received letters telling them that copays for prescriptions and health care services would go into effect on July 1, 2020. This letter is titled, "About Your Benefits," and tells members whether they have a premium and copay limit and how much it is.

For many Medicaid programs and for BadgerCare Plus, federal law limits the amounts charged for health care premiums and copays to five percent of a member's monthly income. In order to make sure that Medicaid and BadgerCare Plus members were not being charged more than this amount, the Wisconsin Department of Health Services (DHS) temporarily stopped requiring copays for these individuals on January 1, 2020. During this time, Medicaid-enrolled providers did not collect any copays for services provided to Medicaid and BadgerCare Plus members. This temporary suspension did not apply to individuals enrolled in SeniorCare or the Wisconsin Chronic Disease Program.

This limit is based on the members' income and who in their household has copays. If members pay a monthly premium, that premium will count toward their premium and copay limit. Monthly limits will stay the same each month unless the member's income changes or there is a change in the number of people in the household. Please note that this limit is the maximum amount a member might have to pay for premiums and copays in a month. A member will not necessarily have to pay this amount each month. If, for example, the member does not have any medical appointments in that month, the member will pay less than that maximum amount.

When a member reaches this limit for the month, DHS will send a letter that states the date the limit was reached. Once this limit is reached, the member will not have to pay any copays for the rest of the month. DHS will track member copay limits, copays, and premiums. Members do not have to take any action.

Members enrolled in the Medicaid Purchase Plan or SeniorCare do not have limits based on their income. Their premiums and copays may add up to more than 5% of their monthly income. In addition, the copay limit does not apply to the cost sharing required for individuals enrolled in nursing home Medicaid or long-term care Medicaid programs.

Some members will not be required to pay copays. These include:

- Children age 18 and younger;
- Tribal members;
- Pregnant women;
- Members enrolled in Wisconsin Well Woman Medicaid;
- Nursing home residents and those in long-term care programs, like Family Care, Partnership, and IRIS;
- Members in hospice care; and
- Members who are temporarily enrolled through Express Enrollment.

BadgerCare Plus members who are between the ages of 19 and 64, not pregnant, and do not have dependent children living in their home will have to pay an \$8 copay for every visit to the emergency room (ER) that is not determined to be an emergency. Providers will begin collecting the \$8 ER copay for nonemergency visits on July 1, 2020. There is no copay for using the emergency room in an emergency. However, when there is *not* an emergency, ER staff are required to tell members about the \$8 copay and provide them with the names and locations of other providers where they may go for medical help without paying the \$8 copay. This \$8 ER copay for nonemergency visits will count toward the monthly copay limit.



Eviction vs. Nonrenewal of a Lease—How to Tell the Difference

The eviction moratorium related to the COVID-19 emergency ended Tuesday, May 26, 2020. As a result, many people began receiving notices to vacate their apartments, for a host of reasons. There are two main ways a landlord can ask you to leave: evictions and non-renewals of a lease.

Eviction

- Specific Reason - An eviction is a termination of a lease prior to the end of the contract or lease agreement. If a landlord is evicting a tenant, he or she must provide a reason, such as the non-payment of rent, a lease violation, or criminal activity.
- Notice - The notice a landlord is required to give depends on the length of the lease and the reason for eviction.
- Steps to Take - If your landlord has not provided a reason for asking you to leave before your lease is up, you have the right to ask for this, including the specific section of the lease that references the reason for eviction. You also have the right to ask if you can fix the problem and stay, and if so, how long you have to fix it.

Nonrenewal of a Lease

- No reason needed - If a landlord decides not to renew your lease and your lease term comes to an end, he or she does not need to provide any reason. The reason is, simply, your contract is over. This can be frustrating for people who may think their landlord is retaliating in some way for behaviors or personality conflicts.
- Notice - Just like evictions, the notice a landlord is required to give depends on the length of your lease.
- Steps to Take - You must leave your apartment by the day/time your lease states. If your landlord agrees to a different date informally, make sure to get this in writing. This would be considered an amendment to the lease.

Regardless of whether a landlord is threatening an eviction or lease termination, there are several things they have in common.

- First, you will always need to know what your lease term is – yearly? Month-to-month? Something else? The length of lease determines what type of notices are required. *Leases do not have to be in writing* (but they should)!
- Second, if you stay in the unit longer than the eviction or termination states, then you are at risk of becoming a “holdover tenant.” In these situations, you may be charged extra rent as well as any attorney or court costs to get the court to remove you.
- Third, a landlord cannot change your locks or refuse your entry without a court judgment and the sheriff present. There are many steps that a landlord must take from the time you receive notice to the time the sheriff is at your door.

If you have any questions about a notice you receive, you can contact your Elder Benefit Specialists at the ADRC at (262) 548-7848, or visit <https://www.tenantresourcecenter.org/>

IMPORTANT HOUSING INFORMATION

The Waukesha Housing Authority (WHA) is a non-profit organization providing subsidized housing opportunities for low-income consumers.



JOIN WAITING LIST

On Tuesday August 11, 2020 the waitlist for Housing Choice Vouchers (sometimes referred to as Section 8 and/or portable vouchers) will open for a brief 48 hour period. The WHA is using an online waiting list application process. Applications can be completed by visiting <http://www.whaonline.com>. Consumers can apply at any time of the day or night during the hours listed below:

SECTION 8 LIST OPENS ON: Tuesday, August 11, 2020 at 8:00 a.m.

SECTION 8 LIST CLOSES ON: Thursday, August 13, 2020 at 8:00 a.m.

Applications can be completed from any computer, including libraries or other public spaces. However, users do need to have access to an email address that is regularly used and checked. Since all correspondences from WHA comes via email, it is recommended you have, and regularly check, your own personal email. Free email addresses can be created by visiting any of these websites: www.yahoo.com, www.gmail.com, or www.Outlook.com. Pro tip: make sure you make note of your email address and the password for future use.

The Waukesha Housing Authority building is currently closed to the public due to the Covid-19 pandemic. If you are having problems with the online application process, need assistance with the online application, or if no access to a computer is available, please call the WHA office at 262-436-0932. A staff of the WHA will return your call as soon as someone is available to assist you. TTY is available at 262-436-0939.

Información Importante de Alojamiento

La autoridad de alojamiento de Waukesha (Waukesha Housing Authority o WHA) es una organización sin fines de lucro que provee oportunidades de vivienda subsidiada a los consumidores con bajos ingresos.

El martes, agosto 11, 2020, la lista de espera para cupones de vivienda (o Housing Choice Vouchers, a veces referido como Sección 8 y/o cupones portátiles) abrirá por un periodo breve de 48 horas. La WHA está usando un proceso de solicitud de lista de espera por internet. Las solicitudes pueden ser completadas al visitar <http://www.whaonline.com>. Los consumidores pueden solicitar en cualquier momento del día o noche durante las horas listadas abajo:

LA LISTA DE SECCION 8 ABRE: martes, agosto 11, 2020 a 8:30am.

LA LISTA DE SECCION 8 CIERRA: jueves, agosto 13, 2020 a 8:00am.

Solicitudes pueden ser completadas desde cualquier computadora, incluyendo los de bibliotecas u otros espacios públicos. Sin embargo, los usuarios necesitan tener acceso a una dirección de correo electrónico que usan y verifican regularmente. Como toda la correspondencia de WHA viene por correo electrónico, se recomienda que lea regularmente su propio correo electrónico personal. Se puede crear un correo electrónico gratis visitando cualquier de estos sitios web: www.yahoo.com, www.gmail.com, o www.Outlook.com. Consejo profesional: asegúrese de anotar su dirección de correo electrónico y contraseña para el uso futuro.

El edificio del Waukesha Housing Authority está cerrado al público en este momento debido a la pandemia COVID-19. Si usted está teniendo problemas con el proceso de solicitud en línea, necesita asistencia con la solicitud en línea, o si acceso a una computadora no está disponible, favor de llamar a la oficina de WHA al 262-436-0932. Un miembro del personal de WHA devolverá su llamada tan pronto como alguien esté disponible para ayudarlo. Telefonía de texto (TTY) está disponible al 262-436-0939.



Celebrate Your Favorite Furry Friend!

August 8 is World Cat Day! This day celebrates our furry felines and the joy they bring to our lives. The holiday was founded in 2002 by the International Fund for Animal Welfare (IFAW) along with other animal rights groups.

People have owned cats as pets for over 9,500 years, they are currently the most popular pet in the world! Despite being somewhat solitary creatures, cats are a very social species and make wonderful companions for young and old alike.

As a pet, a cat can really add a lot to your household. It's been reported that cat ownership may improve mental health, provide emotional support, and alleviate feelings of depression, anxiety and loneliness. No prescription needed!

Today, give your feline friend some extra attention, or consider adopting a new four-legged member of the family from a local animal shelter!

National Dog Day, celebrated on August 26, honors all dogs, mixed breed and pure. Dogs put their lives on the line every day...for personal protection, for law enforcement, for the people with a disability, for our freedom and safety by detecting bombs and drugs and pulling victims of tragedy from wreckage. Now they are detecting cancer and seizures...things even humans cannot do.

Dogs are amazing, courageous, sensitive and sentient beings that deserve compassion and respect, which is why shelters all over the country use National Dog Day as a way to highlight the benefits of adopting man's best friend.

For dogs adopted on August 26, National Dog Day becomes many a dog's birthday and for all dogs, it's as popular and exciting as the Super Bowl, with the anticipation of the day culminating into an explosion of network news stories, national TV show segments, online videos, shelter events, internet photos and K9 parties planned around the globe! Even citizens who are not dog owners will be encouraged to donate \$5 to their local shelter or rescue on August 26. How will you celebrate National Dog Day?

The ADRC and HAWS (Humane Animal Welfare Society) of Waukesha County have partnered to provide pet owners with a Pet Alert. Many people are aware of the Vial/File of Life, which provides emergency medical services vital information for two legged humans, but it does not list information about your pet. The Pet Alert is similar to the Vial/File of Life where you can record your pets' pertinent information. The Pet Alert provides a location for the owner's information and any emergency pet caregivers contact information. You can list the pets in the home, their names and breeds. Lastly, you want to list the pet's location of food, medication, leashes and any other important information. The Pet Alerts are easy to fill out and have a magnetic backing to apply to your refrigerator. Emergency Responders are trained to look for this medical information on the refrigerator.

If no other options exist, HAWS also has a Safe Keep Program, which may be able provide temporary shelter and care for your pet in times of an emergency. HAWS can also ensure that your pet gets safely to the person/home of your choice in times of need.

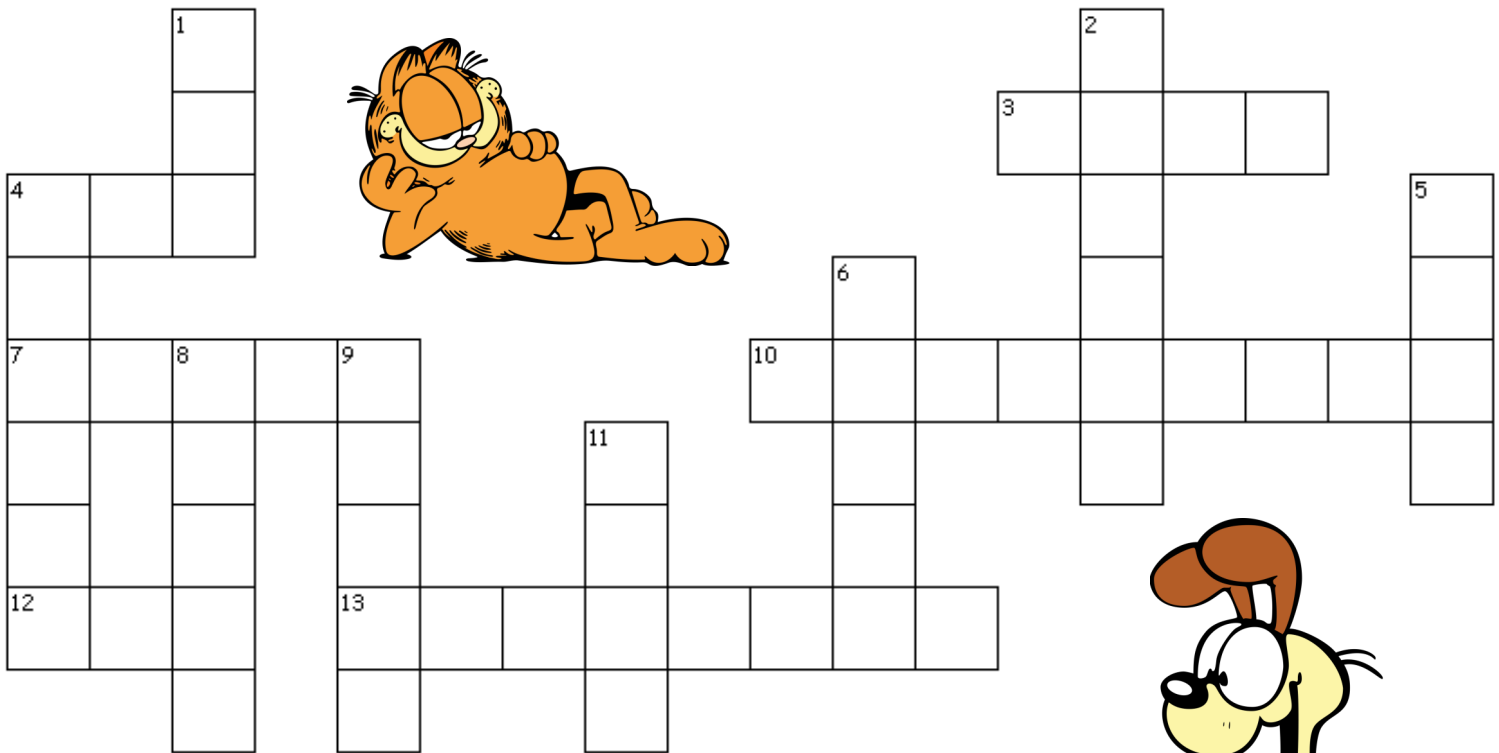
Love your pet as much as they love you!

Contact the ADRC or HAWS for your Pet Alert.

(262) 548-7848



Cats & Dogs Crossword Puzzle



Across

3. Wild cousin of your dog that lives in the far north.
4. What your dog chased up a tree in your yard.
7. Little bugs you might need to pull off your dog after hikes in the woods.
10. Keep your dog away from this spikey animal!
12. What a cat or dog's foot is called.
13. Girl dogs/cats should be spayed and boy dogs/cats should be _____.

Down

1. Nickname for your pet's doctor.
2. Your cat uses this to wash.
4. Your cat may love to rub his face on this dried plant.
5. What your pets do in the spring that leaves their fur everywhere!
6. A small rodent your cat may like to hunt.
8. What an angry cat might scratch with.
9. Keep your dog away from this stinky animal!
11. Never put your face near a dog you don't know, it may _____.

1. Vet, 2. Tongue, 3. Wolf, 4 (Down). Catnip, 4 (Across). Cat, 5. Shed, 6. Mouse, 7. Ticks, 8. Claws, 9. Skunk, 10. Porcupine, 11. Bite, 12. Paw, 13. Neutered

ADRC of Waukesha County
Human Services Center
514 Riverview Avenue
Waukesha, WI 53188

If you would like to be added to or removed from this mailing, or if you would like to receive our Newsletter electronically, please call the ADRC at (262) 548-7848.

Si desea ser agregado o eliminado de este correo, o si le gustaría recibir nuestro boletín electrónico, favor de llamar al centro de recursos del envejecimiento y discapacidades (ADRC) al 262-548-7848.

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